

Exercises After a Mastectomy or Lymph Node Removal: Advanced Program

If you have had a mastectomy or lymph nodes removed ask your doctor when you may start exercises. Do not start any exercises until your doctor says it is okay. Your drainage tubes should be removed before you begin exercising.

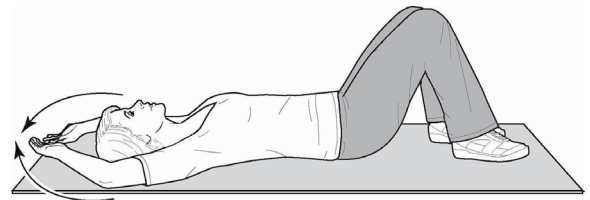
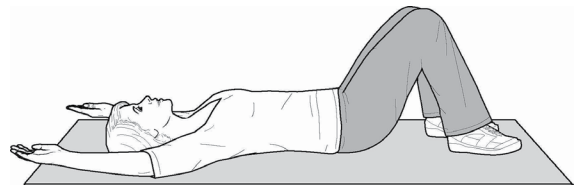
You may use the involved arm (the arm on the same side as the mastectomy or the arm that had lymph nodes removed) to do daily activities such as washing your face, combing your hair, and getting dressed.

Range of Motion/Strengthening Exercises

- Do only the exercises marked by your physical therapist.
- Do these exercises slowly and gently.
- Call your physical therapist if you have any questions or concerns.

Snow Angel while lying down on rolled towel or foam roll

- Use a foam roller or roll a bath towel length-wise.
- Sit down on one end of the roller and lie back so that your head is also supported. Your spine should line up with the center of the roller.
- Let your arms rest at your side.
- Reach your arms out to the sides with the palms of your hands facing the ceiling. Slide your arms slowly up overhead (like you are making a snow angel).



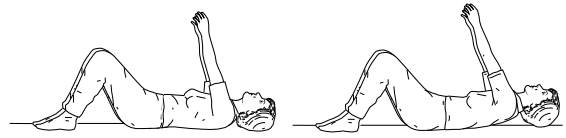
Make sure you keep your spine against the roll do not arch your back.

- Do this exercise _____ times, _____ times a day.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

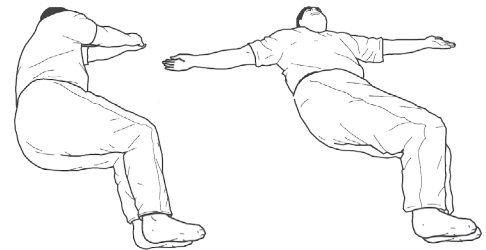
Ceiling Punches

- Lie on your back with your knees bent and feet flat on the floor.
- Keep your arms straight and raise them toward the ceiling shoulder-width apart with your palms facing each other.
- Reach your arms up toward the ceiling by raising your shoulders from the floor.
- Do this exercise _____ times, _____ times a day.



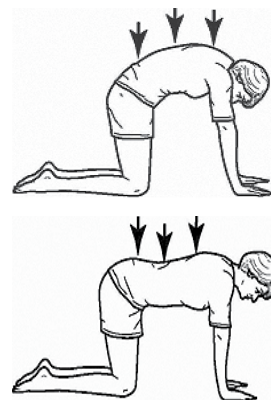
Spinal Rotation

- Lie on your side with your knees bent and arms extended in front of you.
- Lift your top arm and keep it straight, while you rotate as far as you can like you are reaching behind you. Make sure you keep your knees bent to the one side, and only rotate your trunk.
- Rotate back to the starting position.
- Do this exercise _____ times, _____ times a day.



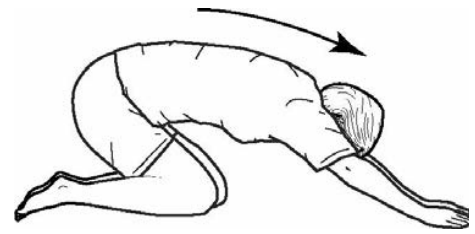
Cat and Camel Stretch

- Start on your hands and knees with your head forward and back relaxed. Your hands should be shoulder width apart.
- Tuck your chin in towards your chest, round your back up. Tighten your stomach muscles and round your back with your bottom tucked in to look like a cat that is stretching.
- Slowly lower your back and bring your head back up to the starting position.
- Do this exercise _____ times, _____ times a day.



Child's Pose/Kneeling Stretch

- Start on your knees, sitting back on your heels and arms at your sides.
- Bend your head down towards your chest while sitting back toward your feet.
- Reach forward with your hands on the floor until you feel a comfortable stretch.
- Hold for _____ seconds.
- Return to the starting position and relax by sitting back on your heels.
- Do this exercise _____ times, _____ times a day.



To advance this stretch you may place your hands to one side and hold. This will create a stretch on the opposite side.

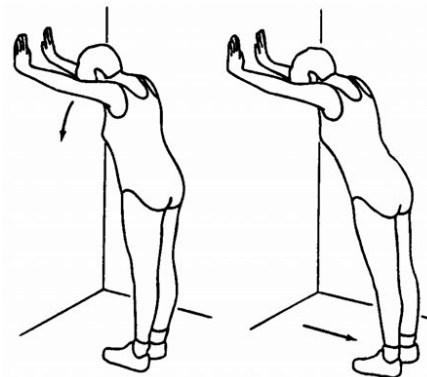
Open Chest Stretch

- Stand up and reach both arms behind your back, lacing your fingers together.
- Squeeze your shoulder blades together as you slowly raise and straighten your arms and raise them behind you.
- Point your chin and chest up toward the ceiling until you feel a stretch.
- Hold for _____ seconds.
- Slowly lower your arms and relax.
- Do this exercise _____ times, _____ times a day.



Atlas

- Stand in front of a wall. Put your hands with your palms flat against the wall.
- Gently bend your head forward.
- Slowly take small steps away from the wall until you feel a comfortable stretch in your shoulders.
- Hold for _____ seconds.
- Slowly walk your feet in towards the wall and raise your head.
- Do this exercise _____ times, _____ times a day.



Corner Stretch

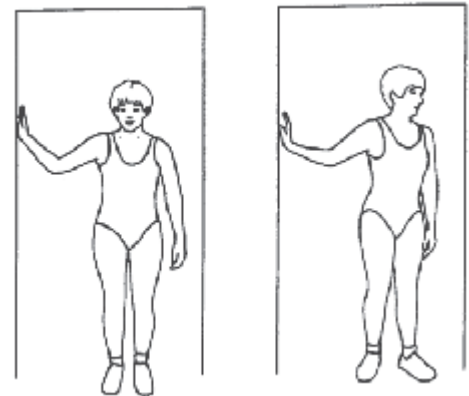
- Stand in a corner with your hands and forearms flat on the wall.
- Lean into the corner with your hands and forearms pressing against the wall. You should feel a comfortable stretch across your chest.
- Hold for _____ seconds then relax.
- Do this exercise _____ times, _____ times a day.



Do this exercise with your arms placed at multiple heights on the wall.

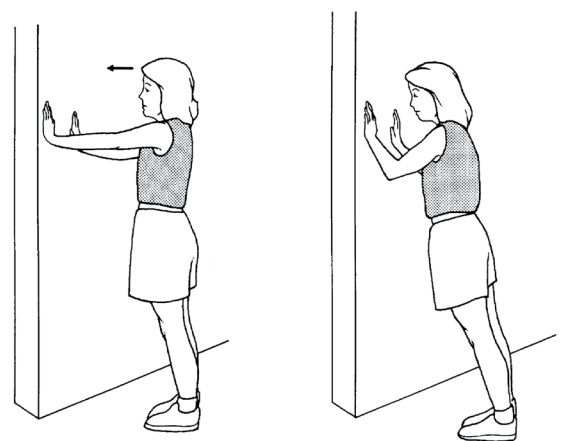
Chest Stretch

- Stand next to a wall with your arm stretched out directly to your side and your palm flat against the wall.
- Turn your body away from your arm until you feel a comfortable stretch across your chest.
- Hold for _____ seconds.
- Slowly return to the starting position.
- Do this exercise _____ times, _____ times a day.



Push-Ups

- Stand facing the wall at arm's length and place your hands against the wall at shoulder level.
- Slowly bend your elbows to move toward the wall. Keep your head, trunk, and legs in a straight line.
- Slowly straighten your elbows until your body is upright.
- Do this exercise _____ times, _____ times a day.



“W” Exercise Against Wall

- Stand with your back against the wall. Keep your head against the wall and your chin tucked.
- Bend your elbows with your arms out to the side to form a “W” on the wall.
- Slowly raise your arms as far as you can without pulling away from the wall.
- Hold for 3 seconds.
- Slowly lower your arms down.
- Do this exercise _____ times, _____ times a day.

